Geena-Maria Van Dijk Level Map

Bellingham

Pole Level Mapper

NEWBIE
4 moves

- Ayesha
- Cheeba Split
- Machine Gun
- Marion Amber

LOW BEGINNER
17 moves

- Bee's Knees
- Brass Bridge
- Brass Monkey
- Carousel Spin
- Cradle Spin
- Dove
- Eros
- Hollywood Spin
- Jamilla
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Side Saddle
- Skater Spin
- Sneaky V
- Superman

HIGH BEGINNER
22 moves

- Boomerang Spin
- Butterfly
- Climb
- Dragonfly
- Extended Butterfly
- Figurehead
- Genie
- Goddess
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Inverted D
- Jackknife
- Jasmine
- Martini
- Outside Leg Hang
- Poisson
- Reverse Grab
- Side Climb

LOW INTERMEDIATE
20 moves

- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Cross Ankle Layback
- Cross Knee Layback
- Embrace
- Fan Kick
- Flatline
- Forearm Stand
- Gemini Climb
- Lady Seat
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Scissor Seat
- Stargazer
- Torso Switch
- Upright Crucifix

HIGH INTERMEDIATE
17 moves

- Allegra
- Attitude Spin
- Back Hook
- Ballerina
- Body Rolls
- Caterpillar Climb
- Chair Spin
- Chest Press Butterfly
- Dip Turn
- Fireman Spin
- Foot Mount
- Front Hook
- Hang Glider
- Jade
- Pirouette
- Pole Walk
- Shoulder Mount

ADVANCED
43 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bird of Paradise
- Broken Doll
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag
- Flying K
- Fonji

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	22 moves	20 moves	17 moves	43 moves
		 Snowflake	 Wrist Seat		 Gargoyle
		 Straddle Invert			 Helix
		 Violator			 Icarus
					 Iguana
					 Iron X
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Libellula
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split
					 Seahorse
					 Spatchcock
					 Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	22 moves	20 moves	17 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini